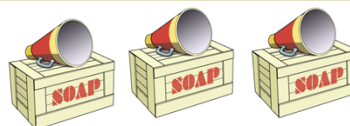


Welcome to seeping newsletter. Feel free to distribute this newsletter and encourage more nurses to join and benefit from this relevant and vital source of support. This newsletter is produced entirely by seeping committee on a volunteer basis.

Soap Box by Justine

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Welcome to our Winter Newsletter.



A belated happy and healthy New Year to you all and welcome to Seeping 2026.

A special welcome to all our new members also and hope you enjoy what we have to offer you all for 2026.

2025 was a truly momentous year for SEEPING as we celebrated our 30th anniversary. We marked this special milestone with a wonderful summer evening event in June at Porters, the Mayor's residence, attended by the Mayor and his wife. We were fortunate to enjoy a beautiful warm evening, with flowing drinks, a lovely buffet, and a great deal of fun shared by all. Some of our members also enjoyed a



delightful afternoon cream tea at the Seven Inn Hotel.

These enjoyable celebrations felt a fitting way to mark such a significant anniversary, and we felt truly blessed to see so many members joining us on these special occasions.

It has been lovely to welcome many new members and to see them attending our educational evenings. These evenings continue to be a great success and remind us how important our group is—not only for the educational input, but also for the socialising, support, and friendships it provides.

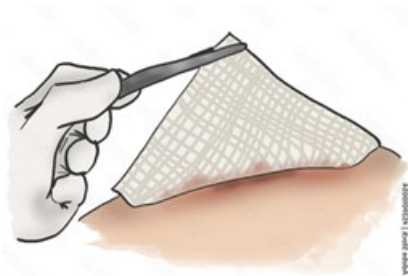
We hope you will continue to support your group and keep it going for another successful year and beyond.

We feel passionate for our group as there are limited primary care educational events that include a social, friendly environment and the most important part of an enjoyable hot meal included.



Natalie, Sophie, Lynn, Deb H, Justine, Dee, Deb T

Wound Care & Care provision in the Community 17th September 2025



At our recent SEEPING meeting at Red Chilliez's restaurant we were joined by the Community Wound Care nurse specialists from South East Essex.

The team kindly shared with us their expertise on managing complex wounds and leg ulcers. They also explained that they are a specialist, not routine service, focusing on complex wound management, with a strong emphasis on holistic, patient-centred care and supporting self-management.

We learned about their referral process, triage system, and the importance of wound hygiene techniques in managing chronic wounds. The team also shared the positive changes they have implemented, including the introduction of their **Tissue Viability Wound Clinic**, which supports earlier intervention and improved outcomes.

Our educational meeting was followed by an enjoyable meal and the chance to connect with colleagues. Overall, it was a great evening with plenty of learning opportunities and valuable discussion

Addressing Poor Asthma Care 26th November 2025



Our final meeting of 2025 was kindly sponsored by Chiesi, who stepped in at very short notice after we were unfortunately let down by our original speaker and sponsor. We are extremely grateful for their support.

We enjoyed an engaging question-and-answer session with Dr Rana, featuring practical case studies and updates on current treatment regimens. Key highlights included a reminder of the value of FeNO testing in Primary Care to support diagnosis, the important distinction between severe asthma and difficult-to-treat asthma, and the need to regularly check patients' inhaler technique—real “back to basics” moment. We were also reminded that exercise-induced asthma is mast cell-activated, which explains why montelukast can be particularly effective for these patients.

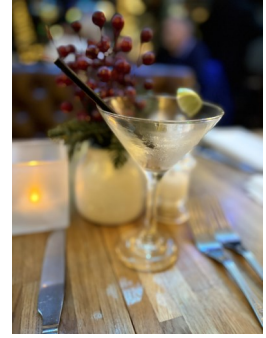
There was lively discussion around the changing approach to newly diagnosed asthma, with growing evidence-based best practice. We also discussed the importance of optimising MART therapy before progressing to triple therapy, as well as the option of adding Clenil to triple therapy when additional inhaled steroid is required.

It was encouraging to explore these updates and the move towards a more individualised approach to asthma management. The key takeaway from the evening was clear: **no patient should be managed on a SABA alone.** While this represents a shift in thinking for many patients, it is a positive and important step forward in improving asthma care.

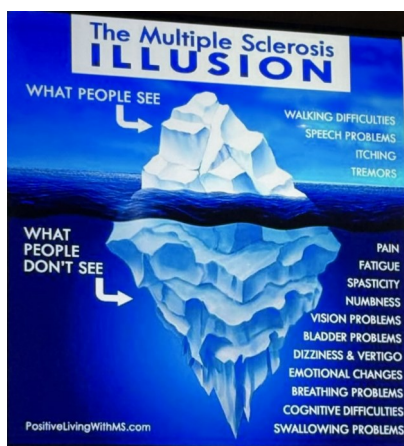
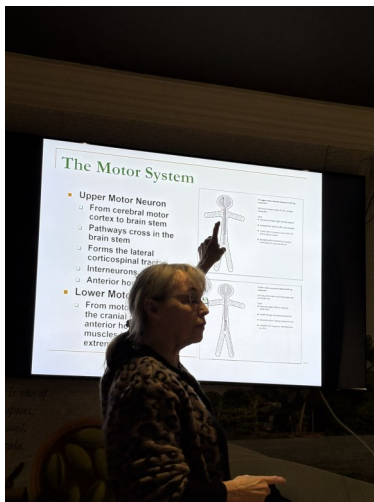
Seeping December Festivities 2025

Seeping Members enjoyed a fun filled Christmas evening at Thames Breeze Restaurant.

We tucked into delicious food and lots of fun with the Secret Santa.



21st January 2026 Multiple Sclerosis (MS) and Motor Neurone Disease (MND)



On a very wet and cold evening, members braved the weather to attend what turned out to be a truly rewarding educational meeting. The excellent turnout was a testament to the value of the topic, and it was made even better by a delicious Indian meal that warmed both body and spirit.

We were incredibly fortunate to welcome the MND and MS specialist team, led by Shiny Basil, MS clinical Nurse specialist and the MS Team from Mid and South Essex NHS Foundation Trust. They delivered an outstanding and thought-provoking programme. The evening featured expert presentation's from Consultant Neurologist Sigurlan Sveinbjornsdottir (Dr Sigur), a Motor Neuron Disease specialist and Consultant Neurologist Dr Maria Papchatzaki, specialises in Multiple Sclerosis.

They guided us through the challenging patient journey, from early symptoms and diagnosis to treatments, interventions, and long-term management. A key theme throughout was the complexity of achieving an early diagnosis. Something that remains vital for improving outcomes.

We were also privileged to hear from Steven Redgwell, who has lived with MND since December 2018, and founder of the MND Foundation charity. He and his friend Liane Iles decided that there was a failing in care, support, guidance and help for those individuals living with MND and their families. mndfoundation.org.uk liane@mndfoundation.org.uk

Key learning points included an overview for general MND management, such as physiotherapy, nutritional support, saliva and phlegm management, communication aids, constipation management, ventilatory support, and mechanical ventilation. In relation to MS, we explored its likely multifactorial causes, including genetics, immunological responses, environmental factors, infections, and links to possible Epstein – Barr virus (glandular fever), particularly in younger people, as well as lifestyle factors such as smoking.

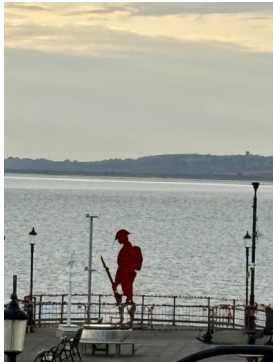
We were also introduced to the specialist nursing team, with valuable insights shared by the Lead Care Co-ordinator, highlighting the essential role of specialist nurses in supporting patients and families.

It was unanimously agreed that the evening was both inspiring and informative—though unfortunately time ran away from us, and reinforced the need for a follow-up session. We very much look forward to another evening dedicated to this vital and extensive field.

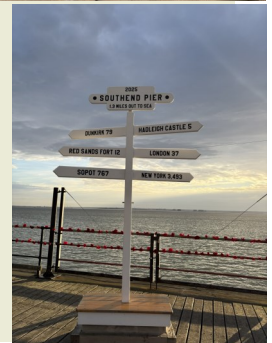


Local Event & Looking Back

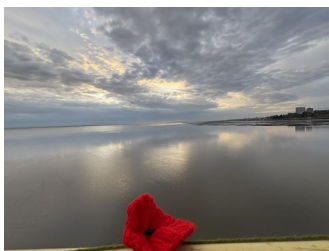
Poppies on The Pier and Queen Mary's Naval Hospital



In November Southend Pier was transformed into a moving sea of red, with thousands of knitted and crocheted poppies. Each handwritten with the name of a British and Commonwealth service man or woman who were killed or missing during World War 1. 'Poppies on the Pier' was the UK's largest Remembrance art installation by people from across the world. Many of the poppies were made by local people and patients. Resulting in red wool supplies being exhausted in the area. The history of Southend and the pier is fascinating especially The Queen Mary's Naval Hospital. The Palace Hotel was temporarily converted into Queen Mary's Royal Naval Hospital, with 350 beds. 4,600 patients were treated and local people contributed to supporting the hospital and patients.



How Nursing has changed.....



1950

RULES FOR NURSES.

No Nurse is to enter a Ward except in uniform, or to visit any Ward other than that in which she is working.

Each Nurse on arrival at Hospital should apply to Matron for keys to her room. A deposit of 2/6 is required, this is refunded when the keys are given up. No responsibility for money lost can be undertaken by the Hospital Authorities.

No Nurse is to consult the House Surgeon or Members of the Medical Staff without Matron's permission, or to use for herself drugs from the wards.

Nurses unable from sickness to remain on duty must give immediate notice to Matron, who will see that they are properly attended to.

All Poisonous Drugs ordered for patients must be checked by a Sister before being administered. Nurses must never refill anaesthetic bottles except in the presence of the Anaesthetist or Theatre Sister.

The contents of any unlabeled bottle or jar must never be administered.

Nurses must always wear their uniform in the approved manner, and should always be smart in appearance. New uniform material will be issued when required. Application to be made to Matron.

Nurses must be in their rooms at 10 p.m., lights out at 10.30 p.m. Nurses should not go out of Hospital grounds after evening duty without permission. Night Nurses must be in bed at 1 p.m.

Exceptions (A) They may, if they wish, be called at 4.30 on Thursdays.

(B) When lectures are arranged for the evenings.

At all times must the rule of seven hours in bed be observed.

After having nights-off Nurses must report to Matron before 2 p.m.

Nurses must make their own beds and dust rooms before 10.30 a.m. The position of furniture in rooms must not be altered. Nurses are asked to take the same care of furniture as they would in their own homes.

Nurses, having obtained permission from Home Sister, may invite friends to the Home and to tea in their own rooms. They are responsible for all preparation and clearing away, and for replacing any china that is broken.

Matron will grant permission for friends to visit the Hospital at convenient times.

Nurses must notify Matron if they wish to sleep away from Hospital when having days-off.

When Meals are not supervised by Matron or Sister, the Senior Nurse present is held responsible. She should see that the table is correctly laid, that there is sufficient food, that food, which should be hot, is sent in and kept hot.

Any complaints that may be deemed necessary should be made, by the Senior Nurse, to Matron.

Donation and Seeping Notes



With thanks for our wonderful 30th Anniversary celebration at Southend Mayors Porters, Seeping donated to the Mayors Charities. They are:

Southend In Sight support and offer practical help to visually impaired people and their families in Southend on Sea and the adjoining areas.

They offer a friendly support, practical advice and fun social events and activities, to ensure that those living with sight loss can continue to lead independent, fulfilling and active lives.
info@southendinsight.org.uk



Southend Hospital charity is dedicated to improving the facilities and environment across all Mid and South Essex NHS Foundation Trust Hospitals in every way they can.

The funds raised are through local communities; patients and families, businesses, local groups, and individuals. To improve the hospital environment with extra comforts, provide state-of-the-art equipment, fund ground-breaking research, and support the development and training of hospital staff. MSE.Charity@nhs.net



Seeping would like to thank the MS Team for their valuable contribution to our January meeting.

Seeping support was made to the MND Foundation Charity, supporting vital care, guidance and research for people living with MND and their families.

mndfoundation.org.uk

Members Information

Food allergies

It is important to inform seeping when booking any event or meetings

Photo consent

Please let seeping know if you do not want to be included in photos taken at any of our meetings or events

Dates for the Diary



For future Seeping meetings, look out for dates and details dropping in your inbox and WhatsApp

Proposed events—details to be confirmed

- * 25th March 2026
- * 20th May Annual General Meeting (AGM)
- * June Meeting

Summer Trip - 11th July 2026

Chatham Historic Docks & Call The Midwife Tour with afternoon tea (bookings are open, places are limited, so hurry and don't miss out)

Any contributions to the seeping newsletter are always welcome.
Just send to contact@seeping.org or speak to Lynn.

Thank you to all members for your continued support and please circulate this newsletter and encourage new nurses to join this vital source of continued education, networking and general support. contact@seeping.org